

LOWER LEAD LEVELS WITH A HEALTHY DIET



Noble County Health Department
 noblecountyhealthdepartment

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A balanced diet helps lower lead levels!



4-6 small meals per day decreases the amount of lead the body can absorb



Avoid high fat foods which cause the body to absorb more lead



Foods high in calcium such as milk and cheese decrease the amount of lead the body absorbs



Foods high in vitamin C like most fruits and vegetables help the body absorb iron



Foods high in iron such as cereal, eggs, peanut butter, and red meats lower iron deficiency common in children with high lead levels

LEAD RETESTING SCHEDULE

All high lead tests require a confirmation blood test as soon as possible. After the confirmation test, follow the chart below for retesting.

Blood Lead Level (ug/dl)	Retest again in:
0.0-3.4	12 months (follow up with primary care provider)
3.5-9.9	3 months
10.0-19.9	1 to 3 months
20-44.9	2 weeks to 1 month
45 and over	1 month after chelation therapy